

You Are Invited To

Tai Chi /Chih



Movement toward better health

→ *Meditation | Meditación*

→ *Relaxation | Relajación*

→ *Breathing | Respiración*

→ *Centering | Concentración*

Tuesday, February 11, 2020

11:15 am - 12:15 pm

Registration Required

Josephine's Place
622 Elizabeth Avenue
Elizabeth, New Jersey 07206
908.436.0099
www.josephinesplace.org